

DAY 1

FULL BODY STRENGTH

(MACHINES ONLY)

3 ROUNDS – 10-12 REPS EACH

LEG PRESS

LAT PULLDOWN

CHEST PRESS

LEG CURL MACHINE

SEATED ROW

CABLE CRUNCH OR
MACHINE AB CRUNCH



*START LIGHT TO LEARN FORM.
REST 60-90 SEC BETWEEN ROUNDS.

DAY 2

CARDIO + CORE

**CARDIO: 20-30 MINUTES
(CHOOSE ONE):**

**TREADMILL
(WALK/JOG)**

ELLIPTICAL

STATIONARY BIKE

**CORE CIRCUIT
(2-3 ROUNDS):**

PLANK - 30 SEC

BICYCLE CRUNCHES - 20

RUSSIAN TWISTS - 20 REPS

**HANGING KNEE RAISES OR
CAPTAIN'S CHAIR - 10-12 REPS**



DAY 3

REST OR ACTIVE RECOVERY

- LIGHT STRETCHING,
FOAM ROLLING,
OR WALKING
- OPTIONAL: 15-20
MIN YOGA SESSION



DAY 4

UPPER BODY

(FREE WEIGHTS +
MACHINES)

3 SETS - 10-12 REPS EACH

DUMBBELL CHEST PRESS
(FLAT BENCH)



SEATED SHOULDER PRESS
(MACHINE OR DUMBBELLS)



ONE-ARM DUMBBELL ROW



LAT PULLDOWN (OR ASSISTED
PULL-UP MACHINE)



CABLE TRICEPS PUSHDOWN

DUMBBELL BICEP CURLS



***REST 60-90 SEC BETWEEN SETS**

DAY 5

LOWER BODY

(FREE WEIGHTS + MACHINES)

3 SETS – 10–12 REPS EACH

GOBLET SQUAT
(DUMBBELL OR KETTIEBELL)



LEG PRESS MACHINE



WALKING LUNGES
(WITH OR WITHOUT DUMBBBELL)



LEG CURL MACHINE



CALF RAISE MACHINE
OR STANDING CALF RAISES



GLUTE KICKBACK
MACHINE (OR CABLE VERSION)



*REST 60–90 SEC BETWEEN SETS.

DAY 6

REST

**– FULL REST OR OPTIONAL
STRETCHING/FOAM ROLLING
PRIORITIZE SLEEP, PROTEIN,
AND HYDRATION.**

DAY 7

FULL BODY

HIIT

(GYM CIRCUIT)

4 ROUNDS - 40 SEC WORK / 20SEC
REST

TREADMILL INCLINE WALK
OR STAIR CLIMBER



KETTLEBELL SWINGS



DUMBBELL THRUSTERS
(SQUAT TO OVERHEAD PRESS)



JUMP ROPE OR HIGH KNEES



CABLE ROW OR BATTLE
ROPES (IF AVAILABLE)



PLANK OR DEAD BUG FOR CORE

*COOL DOWN WITH 5-10 MINUTES OF STRETCHING